

## Hope Therapy with Islamic Approach for Heart Disease

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### Abstract

**Background and Objective:** Cardiovascular diseases are one of the most important chronic diseases with many psychological effects such as extreme fatigue, anxiety and depression, which reduce the quality of life of the patients. In the meantime, it is important to pay attention to the role of hope. Hope is a positive psychological construct that protects people in the face of adversities. Given the importance of hope, Snyder developed the hope construct and its questionnaire. Therefore, the purpose of this study was to develop a hope therapy program based on Islamic teachings and the achievements of classical psychology.

**Methods:** The research method used in the present study was text-based and content analysis. To this end, the content related to the theory of hope in psychology and Islamic teachings was collected and analyzed. Based on the results of content analysis, the Hope construct consisted of seven components of knowing the purpose of life and having a tendency toward it, setting goals, motivation and self-motivational skills, trust, thoughtfulness, effort and the skill of coping with the obstacles. Then, the Islamic Hope Therapy package was designed for patients with heart diseases and its content validity was evaluated. After gathering the experts' opinion, the Hope Therapy Program was formulated with the final Islamic approach. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

**Results:** The findings of the present study showed that the Islamic Hope Therapy program for patients with heart diseases consisted of eight ninety-minute sessions, which involved 1) establishing a therapeutic relationship and presenting goals and rationale behind the treatment, 2) becoming familiar with the purpose and meaning of life in Islam and strengthening its Attitude and role in hope, 3) Teaching goal-setting skills in line with the Main goals of life and setting meaningful, transparent, and logical goals, 4) explaining motivation and its importance, strengthening one's self-awareness of motivations, 5) spiritual motivation skills, 6) Planning and choosing the right path, enhancing creativity and planning skills, 7) the skill of encountering the obstacles and flexibility skills, 8) increasing the remembrance of God and having trust in Him and drawing conclusions.

**Conclusion:** Hope Therapy with Islamic approach has positive spiritual and psychological dimensions and is different from the Classic Hope Therapy.



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## Summary

### Background and Objective

Heart disease is chronic and debilitating and has many psychological effects such as extreme fatigue, anxiety and depression (1). In the meantime, it is important to pay attention to the role of hope. Hope, as a positive psychological construct, protects individuals in the face of adversities (2) and has been studied as a significant construct in individual motivation and behavior (3). Hope is a process that allows people to set goals and pursue them (4).

Given the importance of hope, Snyder presented the structure of hope and its questionnaire. In Snyder's model, hope has three components: goal setting (set goals), direction (creating strategies to achieve those goals), and agency (motivating oneself through agency thinking to start and continue moving according to strategies). Hope therapy is a treatment program based on Snyder's theory of hope designed to increase hopeful thinking and strengthen activities related to goal pursuit (5). Hope therapy is designed in groups in 8 sessions of 1.5 hours. The contents of the eight sessions include: 1) familiarization of participants with the therapist and establishing a therapeutic relationship and familiarity with the cycle of despair, 2) familiarity with the cycle of hope, 3) training in goal setting skills and setting meaningful, transparent, logical, achievable and measurable goals, 4) the skills of working out solutions and finding the right path, in which participants create multiple paths to move towards the goals, 5) self-motivation skills and familiarity with motivational sources and preventing the loss of motivation, 6) strengthening the sense of purpose and progress and evaluating the movement towards the goals, 7) the skills of dealing with obstacles and problem solving and, if necessary, goals or passages, and 8) drawing conclusions and prevention of recurrence (6).

Studies have shown the role of spirituality in increasing hope in chronic diseases (7-9). Studies have also shown the role of hope in the spirituality of chronic patients (10). Thus, hope and spirituality seem to be interactively effective, and a package of hope mixed with spirituality can be offered for chronic diseases. Establishing a spiritual relationship with God the Almighty gives one the assurance that a strong force will always support him. By giving a spirituality dimension to problems, these people cope better with problems and are less stressed and anxious. Belief in the

support and help of God the Almighty also gives them more hope for recovery from illness (11). Praying to God strengthens positive emotions and hope in the person (12). Therefore, the purpose of this study is to design a hope therapy package with an Islamic approach for patients with heart diseases, a package that uses the achievements and techniques of classical psychology and Islamic spiritual teachings.

### Methods

**Compliance with ethical guidelines:** In the present study, the principles of ethical research, including the confidentiality of the identity and personal information of experts and taking into account the opinion of each expert in general and the final summarization of the opinions of experts were observed.

This is a text-based study and was conducted using content analysis with contextual theory approach. For this purpose, the content related to the theory of hope was collected and the content was analyzed. Based on the findings of content analysis, the structure of hope was designed and presented to 12 experts to assess the validity of the content. After collecting the opinions of the experts, the hope therapy program was developed using the final Islamic approach.

### Results

The construct of hope with an Islamic approach includes 7 components of recognizing the purpose of life and having a tendency toward it, goal-setting skills, motivation and self-motivation skills, trust, working out solutions and finding the right path, effort and perseverance, and coping skills. These seven components interact with each other. By recognizing the purpose of life and the tendency towards it, a person creates a sense of spiritual meaning and evaluates every moment of life as an opportunity to get closer to God. With goal setting skills, he sets appropriate goals in various fields and has a high spiritual motivation to achieve the goals, uses skills to increase motivation, devises plans and paths to achieve goals, strives to achieve goals, and trusts God given His infinite power and kindness, and overcomes obstacles. S/he predicts well and deals with them. Based on these components, a hope therapy package was developed.

### Conclusion

Findings of the study related to Omid (hope) therapy program with an Islamic approach for patients with heartdiseases include eight ninety-minute sessions. The objectives of the sessions included 1) familiarity of participants with the

therapist and establishing a therapeutic relationship and presentation of goals and the logic of treatment, 2) familiarity with the purpose and meaning of life in Islam and strengthening the tendency towards it and its role in hope, 3) teaching the skill of goal setting in line with the main purpose of life and setting meaningful, transparent, logical, achievable and measurable goals, 4) explaining its motivation and importance, strengthening one's self-awareness towards his/her motivations, 5) strengthening the spiritual motivational skills and giving a spiritual dimension to goals, 6) planning and choosing the right path, strengthening creativity and the planning skills, 7) predicting and overcoming the obstacles, flexibility skills 8) strengthening the remembrance of God and trusting Him and drawing conclusions.

The hope therapy package designed with an Islamic approach has some advantages over Snyder's classic hope therapy package and the hope therapy package based on Salehi's Islamic sources. The classic hope therapy package strengthens the goal-setting skills in individuals to set clear, logical, and measurable goals, then consider multiple paths and routes to achieve those goals and maintain their motivation along the way (13). Islamic hope therapy also uses goal-setting skills, but all of these goals are integrated into the purpose of life. Snyder emphasizes that the goal must be valuable enough for the individual to reinforce conscious thinking about achieving it (5). In the hope therapy package with Islamic approach, the purpose of life is the spiritual growth of the soul and readiness to enjoy the manifestations of God in the hereafter. This purpose gives meaning to the whole life of man and makes life valuable and plans are made in this direction. This goal integrates all aspects of a person's life in a meaningful way. But in Snyder's classic hope therapy, goals can conflict with each other, and conflict is a source of stress. One of the advantages of the present package is setting goals in different areas towards a main goal and making the person active to achieve those goals.

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#### Ethical considerations

The authors declared the ethics committee in biomedical research of Shahid Beheshti University of Medical Sciences and Health

Services has approved this research with the ethics code IR.SBMU.RETECH.REC.1395.845.

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#### Conflict of interest

The authors declared no conflict of interest.

#### Authors' contribution

Explaining the background of the study and writing the discussion and conclusion sections and helping to develop the construct of hope and the hope therapy package: First author; Summarizing, analyzing the content of the data and compiling the hope therapy package: Second and third authors; helping to formulate the general structure of the article: Fourth author; and collecting and analyzing the data and presenting the construct of hope: Fifth author.

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## سلة الأمل العلاجي بمنحى إسلامي لمرضى القلب

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### معلومات المادة

### الملخص

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### الكلمات الرئيسية:

الإسلام

الأمل العلاجي

الأمل

الشعور بالمعنى

مرض القلب

**خلفية البحث وأهدافه:** تعتبر أمراض القلب والعروق من أهم الأمراض المزمنة التي لها عوارض نفسية معروفة كثيرة من قبيل التعب المفرط والاضطراب والاكئاب، وهي مما يؤثر في الحدار مستوى نوعية حياة المرضى. ومن هنا فإن الاهتمام بدور الأمل يكتسب أهميته الخاصة. فالأمل يعتبر عنصراً نفسياً إيجابياً يعمل على المحافظة على الأشخاص في مواجهة الصعوبات. وبملاحظة أهمية الأمل فقد قام "اسنايدر" بتدوين عنصر الأمل وكتابة استبيانته. ومن هنا، فإن الهدف من هذه الدراسة تدوين خطة الأمل العلاجي مع الأخذ بعين الاعتبار التعاليم الإسلامية، ونتائج علم النفس الكلاسيكي.

**منهجية البحث:** إن منهج هذه الدراسة يعتمد على محورية النص وتحليل المضمون. ولتحقيق ذلك فقد تم جمع المواضيع المرتبطة بنظرية الأمل في علم النفس والتعاليم الإسلامية وتحليل مضمونها. وطبقاً لنتائج تحليل المضمون فإن عنصر الأمل يشتمل على سبعة مكونات: معرفة الهدف من الحياة والتوجه نحوه، ومهارة تحديد الهدف، والدافع ومهارة الدافع الذاتي، والتوكل، والتدبير ومعرفة الطريق، وبذل الجهد والسعي ومهارة مواجهة الموانع. ثم تم تصميم سلة الأمل العلاجي بمنحى إسلامي لمرضى القلب، وتم تقييم صلاحية مضمونها. ومن ثم وبعد جمع آراء الخبراء فقد تم تدوين برنامج الأمل العلاجي بمنحى إسلامي بشكله النهائي. وقد تمت مراعاة جميع الجوانب الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تضارب للمصالح.

**الكشوفات:** تشير معطيات الدراسة الحالية إلى أن برنامج الأمل العلاجي بمنحى إسلامي لمرضى القلب يشتمل على ثمانية جلسات مدة كل منها ٩٠ دقيقة، وهي: (١) إيجاد العلاقة العلاجية وعرض أهداف العلاج ومنطقه. (٢) التعرف على هدف الحياة ومعناها في الإسلام وتقوية الميول نحوها وتأثير ذلك على الأمل. (٣) تعليم مهارة تحديد الهدف باتجاه الهدف الأصلي للحياة وتعيين الأهداف ذات المغزى والشفافية والمنطقية. (٤) شرح الدوافع وأهميتها وتقوية وعي الشخص بأهدافه. (٥) مهارات الدافع المعنوي. (٦) التدبير واختيار الطريق المناسب، وتقوية الإبداع ومهارة التخطيط. (٧) مهارة مواجهة الموانع ومهارة المرونة. (٨) تقوية ذكر الله والتوكل عليه والخلاصة.

**الاستنتاج:** يتمتع برنامج الأمل العلاجي بمنحى إسلامي بأبعاد إيجابية معنوية ونفسية، وهو يختلف عن برنامج الأمل العلاجي الكلاسيكي.

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## بسته امیددرمانی با رویکرد اسلامی برای بیماران قلبی

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### چکیده

**سابقه و هدف:** بیماری‌های قلبی-عروقی یکی از مهم‌ترین بیماری‌های مزمن است که عوارض روان‌شناختی بسیاری همچون خستگی مفرط، اضطراب و افسردگی دارد و کیفیت زندگی بیماران را کاهش می‌دهد. در این میان توجه به نقش امید حائز اهمیت است. امید سازه روان‌شناسی مثبتی به حساب می‌آید که در مواجهه با سختی‌ها از افراد محافظت می‌کند. با توجه به اهمیت امید، اسناد سازه امید و پرسش‌نامه آن را تدوین کرده است. از این‌رو، هدف پژوهش حاضر تدوین برنامه امیددرمانی با توجه به آموزه‌های اسلامی و دستاوردهای روان‌شناسی کلاسیک بود.

**روش کار:** روش این پژوهش متن‌محور و تحلیل محتوا است. بدین منظور مطالب مرتبط با نظریه امید در روان‌شناسی و آموزه‌های اسلامی جمع‌آوری و تحلیل محتوا شد. بر اساس نتایج تحلیل محتوا، سازه امید شامل هفت مؤلفه شناخت هدف زندگی و گرایش به آن، مهارت هدف‌گذاری، انگیزش و مهارت خودانگیزشی، توکل، تدبیر و مسیریابی، تلاش و پشتکار و مهارت مقابله با موانع بود. سپس بسته امیددرمانی با رویکرد اسلامی برای بیماران قلبی طراحی و روایی محتوایی آن ارزیابی شد. پس از جمع‌آوری نظر کارشناسان، برنامه امیددرمانی با رویکرد اسلامی نهایی تدوین شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج پژوهش حاضر نشان داد که برنامه امیددرمانی با رویکرد اسلامی برای بیماران قلبی شامل هشت جلسه نود دقیقه‌ای بود که عبارت است از: (۱) ایجاد رابطه درمانی و ارائه اهداف و منطقی درمان، (۲) آشنایی با هدف و معنای زندگی در اسلام و تقویت گرایش به آن و نقش آن در امید، (۳) آموزش مهارت هدف‌گذاری در جهت هدف اصلی زندگی و تعیین اهداف معنادار، شفاف و منطقی، (۴) تبیین انگیزش و اهمیت آن و تقویت خودآگاهی فرد نسبت به انگیزه‌هایش، (۵) مهارت‌های انگیزش معنوی، (۶) تدبیر و انتخاب مسیر مناسب، تقویت خلاقیت و مهارت برنامه‌ریزی، (۷) مهارت مقابله با موانع و مهارت انعطاف‌پذیری و (۸) تقویت یاد خدا و توکل به او و جمع‌بندی.

**نتیجه‌گیری:** برنامه امیددرمانی با رویکرد اسلامی دارای ابعاد مثبت معنوی و روان‌شناختی است و با برنامه امیددرمانی کلاسیک متفاوت است.

### واژگان کلیدی:

احساس معنا

اسلام

امید

امیددرمانی

بیماری قلبی

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